

Yaki Udon (Stir-Fried Udon Noodles)

Make authentic Japanese Yaki Udon at home with thick chewy noodles, fresh vegetables, and savory sauce. Ready in 20 minutes with simple ingredients.

10	10	20	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Yaki Udon (Stir-Fried Udon Noodles)

Ingredients

- 1 lb chicken meat
- 1 tbsp roasted sesame oil
- 1 cup mushroom
- 1 cup onion
- 2 clove garlic
- 2 scallion
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- 1 tbsp mirin Japanese rice wine
- 2 tbsp brown sugar
- 1 tsp rice vinegar
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Make the sauce**

Whisk together 2 tablespoons soy sauce, 2 tablespoons oyster sauce, 1 tablespoon mirin, and 1 teaspoon sesame oil in a small bowl until smooth. Set aside.
- 2 Prepare the noodles**

Bring a large pot of water to a rolling boil over high heat. Add 1 pound fresh udon noodles and cook for 1-2 minutes, stirring gently to separate the noodles until they become flexible and tender.
- 3 Drain noodles in a colander and immediately rinse with cold water for 30 seconds to stop cooking. Shake vigorously to remove excess water and set aside.**
- 4 Prep the aromatics and vegetables**

Mince 2 cloves garlic and slice 2 green onions, separating white and green parts. Cut 1 cup cabbage into bite-sized pieces and slice 1 cup carrots into thin strips.

- 5 **Start the stir-fry**
Heat 1 tablespoon vegetable oil in a large wok or skillet over high heat until the oil shimmers and begins to smoke lightly, about 2 minutes.
- 6 Add minced garlic and white parts of green onions to the hot oil. Stir-fry for 30 seconds until fragrant but not browned.
- 7 Add cabbage and carrots to the wok. Stir-fry for 2-3 minutes until vegetables are tender-crisp and cabbage is slightly wilted but still has some crunch.
- 8 Add drained udon noodles to the wok and pour the prepared sauce over them. Toss everything together using tongs for 1-2 minutes until noodles are heated through and evenly coated with sauce.
- 9 Add green parts of the green onions and toss for 30 seconds until just wilted but still bright green. Remove from heat immediately and serve hot.

Tips

Use vacuum-packed udon noodles from the refrigerated section of Asian markets for the best texture and convenience. These pre-cooked noodles only need a quick rinse and brief boiling to separate.

Heat your wok or large skillet until smoking hot before adding oil. This extreme heat prevents ingredients from sticking and creates the distinctive "wok hei" smoky flavor that makes restaurant stir-fries so delicious.

Prepare all ingredients before you start cooking. Stir-frying happens quickly, and having everything prepped ensures you won't overcook any components while scrambling to chop vegetables.

Cook ingredients in stages rather than all at once. Start with protein to develop color, add harder vegetables that need more cooking time, then softer vegetables, and finally the noodles with sauce.

Don't oversauce the dish. The sauce should lightly coat the noodles and vegetables, not pool in the bottom of the pan. You can always add more, but you can't take it away.

Toss noodles gently to prevent breaking them. Use two spatulas or tongs to lift and fold rather than stirring vigorously, which can turn the noodles mushy.

Serve immediately while the dish is still steaming hot. Yaki udon is best enjoyed straight from the wok when the noodles have the perfect chewy texture and the vegetables retain their crispness.